

Toolbox talk

Summer

5 minutes

Sun Exposure Toolbox Talk

UV exposure adds up across a career outdoors. Cover sunscreen, clothing and head protection, UV-rated eye protection, shade planning, and the skin changes that deserve a medical check.

READ ALOUD (ABOUT 5 MINUTES)

Sunburn today is the visible cost. The bigger cost is what UV does over years of outdoor work: skin damage, eye damage, and skin cancer risk. This talk is about lowering the daily dose.

Use sunscreen on exposed skin and reapply it during the shift, especially after heavy sweating. Long sleeves, neck protection, and a brim or neck shade on the hard hat cut exposure without slowing work. Wear UV-rated eye protection: glare off concrete, steel, and water adds up.

Get to know your own skin. A spot that grows, changes color, itches, or bleeds deserves a medical check, not a wait-and-see. Sun exposure works like other exposures on this job: the dose you do not take is the one that cannot hurt you.

INCIDENT EXAMPLE

A finisher who spent years on exterior flatwork noticed a rough patch on his ear that would not heal. He assumed it was a scrape from his hard hat strap. When he finally had it checked, it was an early skin cancer that required surgery - caught late because no one treated sun as an exposure.

CONTROLS TO COVER

- Apply broad-spectrum sunscreen before the shift and reapply during it.
- Use long sleeves, neck protection, and brim or shade attachments on hard hats.
- Wear UV-rated safety glasses, especially around reflective surfaces.
- Plan shade for breaks and rotate the most exposed tasks when possible.

CREW DISCUSSION

1. Which tasks today keep workers in direct sun the longest?
2. Where is sunscreen staged so reapplying is realistic?
3. What shade options exist for breaks on this site?

QUICK QUIZ

1. Is sunscreen a one-time morning task?
No. It needs reapplying during the shift, especially after heavy sweating.
2. Why do concrete and steel matter for UV exposure?
They reflect UV, which raises the dose to skin and eyes.
3. What skin changes deserve a medical check?
A spot that grows, changes color, itches, bleeds, or will not heal.

Reference: OSHA General Duty Clause; NIOSH outdoor UV guidance - Outdoor workers receive far more annual UV exposure than indoor workers, and UV damage accumulates over a working career.

Toolbox Talk Sign-In Sheet

Attendance record for the talk above. Reviewers (OSHA, GC, ISNetworld/Avetta) expect topic, date, presenter identity, and attendee signatures.

Project / location

Date and time

Topic: Sun Exposure Toolbox Talk

Presenter (print)

Presenter signature

NAME (PRINT)	COMPANY / TRADE	SIGNATURE

Concerns raised and follow-up actions (owner, due date)